


Historic, Archive Document

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Do You Use Unit Prices To Find The Best Buys?

Many stores have unit prices. Learning to use them will help you save money.



United Stewed Tomatoes
14.5 oz.



Red Vine Stewed Tomatoes
16 oz.

| United Stewed Tomatoes | | Red Vine Stewed Tomatoes | |
|------------------------|----------------------|--------------------------|----------------------|
| Total Price | Amount You Get | Total Price | Amount You Get |
| 83¢ | 14.5 oz. | 77¢ | 16 oz. |
| You Pay | Unit price | You Pay | Unit price |
| | 92¢ per pound | | 77¢ per pound |

Stickers showing the unit price are usually on the grocery shelf below the food.

\$ Make Your Food Dollars Count \$

U.S. Department of Agriculture, July 1984, Program Aid No. 1345

- Unit pricing stickers may look different, but they tell you the same thing

Name of the food

Golden's Whole Foods

Total Price

Amount

\$1.69

You Pay

34

How much the total package costs you

- Unit Pricing helps you to:

- pick the low-cost package or container size



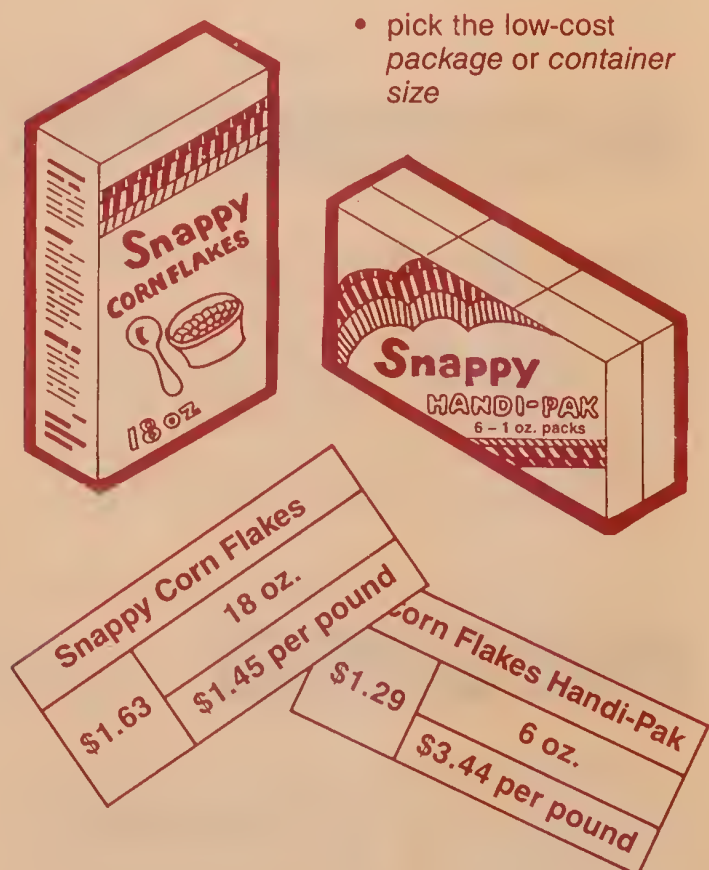
| | |
|--------------------|------------------|
| Snappy Corn Flakes | |
| 18 oz. | |
| \$1.63 | \$1.45 per pound |

| | |
|------------------------------|------------------|
| Snappy Corn Flakes Handi-Pak | |
| 6 oz. | |
| \$1.29 | \$3.44 per pound |

- Unit pricing stickers may look different in every store, but they tell you the same thing:

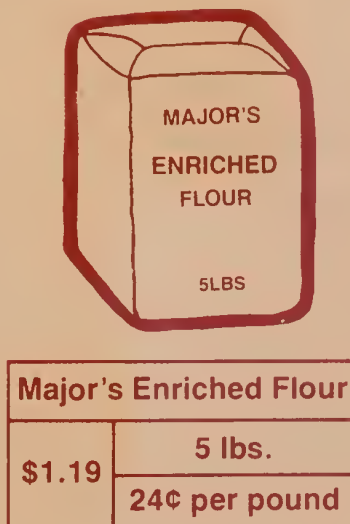


- Unit Pricing helps you to:



- pick the low-cost package or container size

- find the *brand* that costs you less



| Chefs Enriched Flour | |
|----------------------|---------------|
| | 5 lbs. |
| \$1.39 | 28¢ per pound |

Do You Use Food Labels to Make Smart Choices?






Food labels can tell you a lot about the food inside . . .

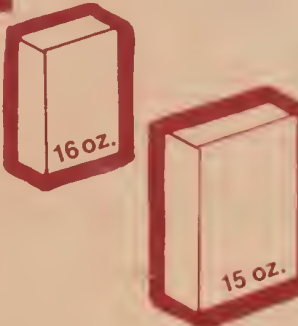
\$ Make Your Food Dollars Count \$



READ LABELS TO KNOW WHAT YOU ARE PAYING FOR!

| Ingredient Listing | | | Ingredients are listed in order from the most to the least amount found in the product. | | |
|--|--|---|--|--|---|
| Grape Juice: | |  | Grape Juice Drink: (10% Grape Juice) | |  |
| Grape juice, grape juice from concentrate, ascorbic acid (vitamin C). No artificial flavors or colors added. | | | Water, high fructose corn syrup, sugar, grape juice concentrate, fumaric, citric and maltic acids (provide tartness), vitamin C, natural flavor, artificial color. | | |
| | | | Powdered Grape Drink: | |  |
| | | | Sugar, citric acid (provides tartness), natural and artificial flavor, artificial color, vitamin C. | | |

| This label tells you: | | This label tells you: | | This label tells you: | |
|--|--|--|--|---|--|
| <ul style="list-style-type: none">• mostly grape juice and juice concentrate• vitamin C added | | <ul style="list-style-type: none">• mostly added water, syrup, and sugar• some grape juice• vitamin C added, plus other things | | <ul style="list-style-type: none">• mostly sugar• no juice at all• vitamin C added, plus other things | |

| Dates on Packages | | Package Weight | |
|--|--|---|--|
| <ul style="list-style-type: none">• Look for dates on product labels. They tell you when foods are the freshest.• The “Sell by” and “Best when purchased by” dates give you some time for home storage and use.• The “Do not use after” date warns you that the food should not be used after that date. | | <ul style="list-style-type: none">• Look at the weight.• A large package may hold less than a smaller package. | |
| | |  | |

| Nutrition Information | | The nutrition label tells you: | |
|--|--|---|--|
| <ul style="list-style-type: none">• the size of a serving• how many servings you get in the container | | <ul style="list-style-type: none">• nutrients in a serving:<ul style="list-style-type: none">how many calorieshow much protein, fat, and carbohydratehow much vitamins and minerals | |

